

Time, Temperature and Retained Heat Chart ("B" Models)

For Chambers Oven Heat Control

PREPARING THE FOODS. Use any reliable recipe book, and if the article of food being prepared is not listed in this chart, select a similar food and follow the time and temperature for it.

LIGHTING THE OVEN. In lighting the oven be sure that the Oven Burner Cock is open *full*, because the Chambers Oven Heat Control takes care of the gas supply. The Chambers Oven Heat Control, throughout the time the gas is burning, will automatically increase or decrease the oven burner flame to the proper volume for maintaining the set oven temperature.

ARTICLE OF FOOD	SET TO	PREHEAT OVEN	BAKE OR ROAST (Gas On)	RETAINED HEAT (Gas Turned Off Completely)	
BREAD, BISCUITS, ETC.					
Bread, Yeast	350° F.	PREHEAT 10 MINUTES FOR EVERY ITEM ON OVEN CHART	45 to 60 min.	15 min.	
Baking Powder Biscuits	450° F.		12 to 15 min.		
Yeast Biscuits	400° F.		20 min.		
Muffins	400° F.		25 min.		
Pop-Overs	475° F.		20 min.		
COOKIES, ETC.					
Corn Cake	400° F.		20 to 25 min.		
Ginger Bread	350° F.		35 min.		
Vanilla Cookies	400° F.		10 min.		
Drop Bran Cookies	400° F.		12 min.		
Molasses Cookies	375° F.		15 min.		
CAKES					
Plain Cake (Sheet or Cup)	375° F.		30 min.	1 hr. or longer 2 hrs. or longer	
Loaf Cake	350° F.		45 to 60 min.		
Layer Cake	375° F.		20 to 30 min.		
Fruit Cake (1 to 2 lb.)	325° F.		45 min.		
Fruit Cake (3½ to 5 lb.)	325° F.		1 hr.		
Sponge Cake	325° F.		1 to 1½ hr.		
Angel Food Cake	300° F.		1 to 1½ hr.		
PIES					
Pastry Shell	425° F.		15 min.		
Apple Pie	425° F.		35 to 45 min.		
Rhubarb Pie	425° F.		35 to 45 min.		
Gooseberry Pie	425° F.		35 to 45 min.		
Cherry Pie	425° F.		35 to 45 min.		
Open Cross Cut Pie	425° F.		20 min.	30 min. 30 min.	
Pumpkin Pie	450° F.		25 min.		
Custard Pie	450° F.		20 min.		
CUSTARDS, ETC.					
Meringue	300° F.		15 min.	20 min.	
Puff Paste	475° F.		15 min.		
Individual Custards	325° F.		40 min.		
Large I Quart Custards	Bake in Baking Pans set in pan of hot water.		30 min.		25 min.
POTATOES					
Small Potatoes	500° F.		15 min.	20 min. or longer 20 min. or longer 40 min. or longer	
Medium Potatoes	500° F.		20 min.		
Large Potatoes	500° F.		20 min.		
CASSEROLE DISHES					
Casserole Uncooked Food	500° F.		20 min.	2 to 2½ hrs. or longer 1 hr. or longer 1 hr. or longer	
Scalloped Dishes	450° F.		15 min.		
Potatoes Au Gratin	500° F.		12 min.		
ROASTS—1 to 2 Lbs.					
ROASTS—3 to 4 Lbs.					
Loin of Pork Roast	500° F.		20 min.	30 min. per lb. or longer 30 min. per lb. or longer 30 min. per lb. or longer 30 min. per lb. or longer 15 min. per lb. or longer 20 min. per lb. or longer 20 min. per lb. or longer	
Fresh Ham Roast	500° F.		20 min.		
Loin of Veal Roast	500° F.		20 min.		
Lamb Roast (Young)	500° F.		20 min.		
Spring Lamb (Rare)	500° F.		20 min.		
Yearling Lamb	500° F.		20 min.	45 min. 1½ hrs. 2 hrs. or longer	
Poultry	500° F.		20 min.		
Roast Beef	500° F.		20 min.		
Rare	500° F.		20 min.		
Medium	500° F.		20 min.		
Well Done	500° F.		20 min.		
LARGER ROASTS including POULTRY					
5 to 7 lb.	To sear, leave uncov- ered approximately 20 minutes		30 min.	12 min. per lb.	
Rare			30 min.	15 min. per lb.	
Medium			30 min.	20 min. per lb. or longer	
Well Done			35 min.	20 min. per lb. or longer	
8 to 10 lb.—Well Done			45 min.	3 to 4 hrs. or longer	
12 to 15 lb.—Well Done	500° F.		45 min.	4 hrs. or longer Relight gas and burn for 15 min. at 500° F.; Cook on Re- tained Heat 2 hrs. or longer	
Over 15 lb. Roast	500° F.		45 min.		
Baked Beans	Boil in Thermowell 30 min. in 3 times as much water as food; cook on re- tained heat 2 hrs. or longer; remove; bake.		20 min.	2 hrs. or longer	

Set pointer on heat control dial to temperature shown in column headed "set to"; light gas in oven; let gas burn for 10 minutes before putting food into oven.

SEARING MEAT ON COOKING TOP. Brown small roasts, if you wish, in baking pan or roaster on top burner; add ½ cup liquid; place other foods such as potatoes into roaster at this time; cover; place into preheated oven and follow directions for gas on and retained heat.

SEARING IN OVEN. Place roast into preheated oven and leave uncovered 10 to 20 minutes, or longer if browner roast is desired; add ½ cup liquid if meat is lean or tough; cover; burn gas at least 5 minutes longer and cook on retained heat according to directions. Time while roast is uncovered plus time it is covered should equal time shown in "Bake or Roast (Gas On)" column.

Boston Baked Beans: Follow above instructions and relight gas at end of 2 hrs. or longer on retained heat; burn gas at 500° F. for 15 minutes; cook on retained heat for 2 hrs. or longer.

FISH: Best temperature for baking fish is 450° F. to 500° F. until greases begin to fry (15 to 20 minutes), then cook on retained heat. Time required for baking will depend upon the size and thickness of the fish—varying from 20 minutes to about an hour.

Schedule of approximate "Gas On" and "Retained Heat" Time for CHAMBERS Thermowell

USE LESS WATER. Because gas is burned in the Chambers Retained-Heat Oven and Thermowell for only a fraction of the ordinary cooking time, much less water need be used. Do not allow for large quantities of escaping steam.

When roasting in the Retained-Heat Oven, use no liquid at all on fat cuts, and only ½ cup on tougher, leaner meats. This may seem drastic at first, but try it. You will be surprised at the amount of pure, rich food juice retained by Chambers oven cookery, which automatically bastes a roast in its own natural food juice and flavor. Only one-half inch of water, placed in the kettle before the food is put in, is ample for all fresh vegetables and meats, regardless of quantity of food in the kettle. And often this amount can be reduced. This may seem ridiculous for potatoes, for the water will not cover the food. But try it. More water makes soggy potatoes. **USE MUCH LESS WATER.**

IMPORTANT Kettle must be covered with tight-fitting lid and Thermowell must be covered with Thermowell lid while gas is burning. Do not preheat Thermowell.

FOOD

Fresh Meats

Beef.....
Mutton.....
Pork.....
Veal.....
Lamb.....
Chicken.....
Irish Stew.....

(Food must be brought to good brisk boil)

GAS ON FULL RETAINED HEAT

(Gas turned off completely)

Smoked Meats

Ham.....
Tongue.....
Corned Beef.....

In 2 inches water, 20 to 30 minutes.

3 to 5 hours or longer.

Vegetables (Ordinary Green)

Potatoes.....
Kale.....
Cabbage.....
Peas.....
Carrots.....
Brussels Sprouts.....
Squash.....
Okra.....
Onions.....
Beets.....
Parsnips.....
Turnips.....
Spinach.....
Cauliflower.....
Asparagus.....
Tomatoes, etc.....
Corn.....
String Beans.....

In ½ inch water, Approx. 10 minutes.

30 minutes or longer.

In ½ inch water, Approx. 10 minutes.
In ½ inch water, Approx. 10 minutes.
In ½ inch water, Approx. 10 minutes.
In ½ inch water, Approx. 10 minutes.

Vegetables

Dried Beans.....
Navy Beans.....
Lima Beans.....

Approx. 30 minutes, 3 times as much water as food.

2 hours or longer.

Cereals

Oatmeal.....
Cream of Wheat.....
Raisins.....
Wheatena.....
Many Baby Foods.....
Rice.....
Hominy.....

Approx. 10 minutes. Use amount of water specified on package.
Approx. 10 minutes. 3 times as much cold water as food. For dry boiled rice, reduce water ½.

30 minutes or longer.

Soups

Meat Stocks.....
Fresh Vegetable.....

Approx. 30 minutes, 15 to 20 minutes.

2 hours or longer, 30 minutes or longer.

Fruits

Fresh Fruits.....
Apples.....
Pears.....
Pineapple.....

In ½ inch water, Approx. 10 minutes.

30 minutes or longer.

Fruits

Dried Fruits.....
Peaches.....
Prunes.....

10 to 15 minutes, 3 times as much water as food. Not necessary to soak.

1½ hours or longer.

Puddings

Fruit Puddings.....
Suet Puddings.....
Indian Pudding.....
Boston Brown Bread.....

Use Double Boiler. Gas on 30 to 45 minutes. For large quantities use oven same way.

2½ hours or longer.

COOKING TWO OR MORE FOODS TOGETHER IN THERMOWELL.

By using double or triple kettles in the Thermowell, great economy in gas consumption can be effected. If cooking times for food to be cooked together are not the same, follow directions for the food requiring longest time to cook but increase the amount of water on the foods that ordinarily cook more quickly. Or in the case of smoked meat and fresh vegetables, you can start the smoked meat kettle with gas on in Thermowell 10 to 20 minutes before putting in the kettles of vegetables which require only retained-heat, but how much "gas-on" is the important factor of Chambers retained-heat cookery.

LIGHTING THE "IN-A-TOP" BROILER AND GRIDDLE.

Simply wash it, grease it for most foods, and use as you would any griddle or frying pan. Usually preheat 1 or 2 minutes, and then turn gas down rather low. Broiler and griddle can be used together as in hotcakes, and broiled sausage. Be sure grease tray is in place when using griddle. Use griddle as extra top burner space.

HOW TO CARE FOR GRIDDLE.

Wipe griddle clean before lighting broiler burner to prevent burned-in spots. To use griddle be sure temperature is NOT TOO HOT. Control heat as you would on any ordinary griddle or skillet. Griddle lifts out to be washed with the pots and pans, and should be kept clean in exactly the same way.

HOW RETAINED HEAT COOKING ELIMINATES POT-WATCHING.

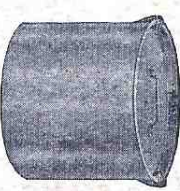
The different lengths of time for retained heat cooking, given on this chart, are approximately the minimum amount of time required to complete the cooking. But the food need not be removed from the oven or Thermowell at the end of the given retained heat time for foods cannot burn or scorch during the retained heat period. A few foods are much better if removed immediately when done; therefore, remove when done those foods which do NOT say "or longer" after this specified "Retained Heat" time. **IMPORTANT:** When foods are cooked by oven heat control entirely and not retained heat, they must be removed from the oven when done.

HOW TO INSURE MAXIMUM HEAT RETENTION.

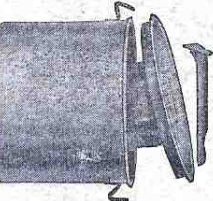
In cases where small quantities of food are to be left on retained heat for more than 4 or 5 hours, put a kettle of water into the Thermowell or Chambers Oven along with the kettle of food. The heat retained in the water will keep the entire oven or Thermowell contents warmer over a longer period of time.

KETTLES FOR THERMOWELL

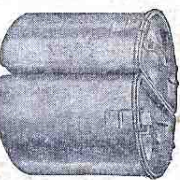
Any kettle with a tight-fitting lid that will fit in the THERMOWELL and permit tight closing of Thermowell lid, may be used. There are very convenient kettles, however, which, if used, will multiply the efficiency of your range greatly. The four most satisfactory types are illustrated here:



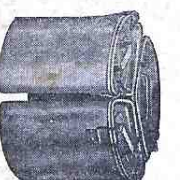
THE SINGLE
This kettle will hold seven quarts.



DOUBLE BOILER
Same as single kettle only with insert holding one quart.



THE DOUBLE
Each half of this kettle will hold three quarts.



THE TRIPLE
Each section of this three-way will hold two quarts.

These fine aluminum kettles may be secured from any Chambers Range distributor.